

Shot put handbook - notebook 2 by JJefArt
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You can also train technique without holding the implement

You can also train technique without making the throw

-By stopping in the powerstance

-By just stopping before making the throw

-If you do make the throw without holding an implement I'd advice not to do the throw to hard or too violent

In the powerstance while making the throw work up against the non throwing arm and turn the body by using the feet and really push against the ground

Phases of the rotational shot put:

There are six key movements of the discus throw:

The wind up, move in rhythm, balance, right leg engine(left swing-kick), orbit, and delivery.

Rotational:

-Wind up:

Facing the non throwing direction Stand in the back of the ring.

with your feet wider than shoulder-width apart and the knees and waist slightly bent.

The torso is rotated clockwise

Weight is on your right foot, the left heel is off the ground.

-After the wind up:

Begin rotating the shoulders in the direction of the throw

after this weight is shifted to the left foot,

Then the right foot is lifted off the ground and swung around the left.

Pivot on the ball of the left foot.

Just before the right foot lands in the center of the ring, push off with the left foot.

Pivot on your right foot, swinging the left leg to the front of the ring.

Your left foot should land outside of the right foot.

Assume the power position and throw the shot.

Extra:

The shot put rotational has a linear path combined with a one and a half rotation

Interesting way of training:

For the glide:

3x doing the push off and kick towards the powerstance without throwing

1x doing the push off and kick towards the powerstance with throwing

3x getting in to the powerstance correctly without throwing

1x getting in to the powerstance correctly with throwing

3x doing the throw correctly in terms of working up against the non throwing arm and the turning of the body by using the feet without throwing

1x doing the throw correctly in terms of working up against the non throwing arm and the turning of the body by using the feet with throwing

For the rotational:

3x doing the wind up without throwing

1x doing the wind up and throwing

3x doing the leg swing-kick without throwing

1x doing the leg swing-kick with throwing

3x getting in to the powerstance without throwing

1x getting in to the powerstance with making the throw

Also take enough rest between each other, just a bit of an interval
This can be changed up with many other things like:
left arm use, Doing the triple extension correctly
and having the right highest and lowest points of the throwing arm elbow
in terms of non throwing and throwing direction and many more things can
be trained this way

If you don't have a trainer (When you have a trainer you can also film yourself)
And if you have some filming equipment and a camera stander or some one to film you
It can be usefull to film yourself

-First check if it is okay to film yourself on the field

You can watch and measure all kinds of things like:

With the rotational:

The wind up

The leg swing-kick

Glide:

The push off

The leg kick

With both the rotational and the glide:

If you get in to the powerstance correctly

Throwing angle

-You can put a triangle ruler against the computer screen and measure the angle of the arm

Though you can damage the computer screen this way

Non throwing arm use

Knee angles

-Can again be measured with a triangle ruler

Head movement

Chin angle while throwing

And you can also clock your technique time

-Slow motion software can increase the clocking acuracy

According to the information you get from your own video you can
do the interesting way of training on those points

Note that if you are a left handed thrower you rotate clockwise,
you make the leg swing-kick with the left leg while pivotting on your
right foot, and in the powerstance the right leg is the blocking leg

different speeds throughout the rotational:

(1-2 makes 1 and 1 2 makes 2) "one two-three"

1 2-3

1-2-3

Tip for technique and ring use:

You can divide the ring in four quarters

Most important explosiveness trainings with weights:

Hang power clean and Hang power snatch

The jerk

Most important explosiveness trainings:

Sprint starts

Rocket jumps and box jumps
10 meter sprint

Another speed and explosiveness training for the glide:
Do backward sprint starts
Do backward 10 meter sprints
Be carefull not to fall

Most important strength trainings:
One third and half squat
Front squat
The bench press

The front yoke walk
Normal olympic bar unracked with the front not with the back

Another strength training:
Do semi flys
The arms are partly extended
You can do it with more weight like this and it is more suited for shot put

If you can't throw regularly you can also do a lot of technique training and a lot of explosiveness and power training